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| --- | --- |
| Prompt | Response |
| **Did the Feedback Conversation go as I had anticipated?** |  |
| **What did I hear when I was having the feedback conversation?** |  |
| **What is my assessment of the feedback that I received?** | **\_\_Accurate**  **\_\_Some was accurate, some was inaccurate**  **\_\_Completely inaccurate**  What additional comments do you have? |
| **How do you think you received the feedback? How did you handle yourself?** | **\_\_Well**  **\_\_Uncertain**  **\_\_Poorly**  What additional comments do you have? |
| **What can I do with the feedback that I received?** |  |
| **What new questions or thoughts do I have?** |  |
| **Were my feelings and my needs heard by my supervisors?** |  |
| **As we were having the conversation, how did I feel in my body? What feelings or moods did I notice?** |  |
| **As we were having the conversation, what thoughts went through my mind?** |  |
| **What are my thoughts right now?** |  |
| **What do I need to hear right now? What thoughts or messages would be nourishing for my wellbeing?** |  |